MULTIMEDIA UNIVERSITY

STUDENT ID NO

MULTIMEDIA UNIVERSITY

FINAL EXAMINATION

TRIMESTER 1, 2016/2017

PSE0025 – SOCIAL AND EMOTIONAL HEALTH

(All sections / Groups)

13 OCTOBER 2016
2.30 p.m.– 4.30 p.m.
(2 Hours)

INSTRUCTIONS TO STUDENT

1. This question paper consists of **ONE** page with **FIVE** Questions only.
2. Answer **ALL** questions.
3. Please write all your answers in the Answer Booklet provided.

ESSAY QUESTIONS[50 MARKS]

Instructions: Answer **ALL** questions. Write your answers in the Answer Booklet.

Question 1

Friendship plays an important role in maintaining one's social health. Discuss **FIVE (5)** benefits of friendship.

(10 marks)

Question 2

Observational learning can be a method to learn skills necessary to maintain social and emotional health. Explain the definition for observational learning and discuss the **FOUR (4)** factors that account for observational learning.

(10 marks)

Question 3

Daniel Goleman introduced emotional intelligence. Explain the **FIVE (5)** major parts in emotional intelligence.

(10 marks)

Question 4

Stress is inevitable in university. Discuss **FIVE (5)** stressors of university students.

(10 marks)

Question 5

Emotional health is about being happy, self-confident, self-aware, and resilient. Discuss **FIVE (5)** methods to improve emotional health.

(10 marks)

End of Paper